**Sunday, Hint of Spring Feast**

**Produce**

garlic (if needed)

1 medium onion

One large bag – 8 oz. - fresh spinach or 2 bunches fresh spinach

20 baby red potatoes

 4 turnips

fresh thyme leaves *(if none available, use dried)*

**Canned/Dried Foods**

one 15 oz. can whole cranberries

white truffle oil *(if needed)*

low sodium soy sauce *(if needed)*

Rosemary leaves *(if needed)*

dried oregano leaves *(if needed)*

1 bay leaf (if needed)

ground nutmeg(if needed)

white wine to cook with *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

one 16 oz. package extra-firm tofu *(if eating meatless)*

nonfat milk

plain, nonfat yogurt (if needed)

butter

2 oz. Chevre Cheese